

## Supporting teacher wellbeing and mental health

**Efemona Israel Owode**  
Widad Center, UAE

**Background:** Recent studies suggest that teachers display a high level of stress and mental health problems. More specifically, researchers have reported an association between teachers' and students' mental health and well-being. This study examines the correlation between a high level of stress and its effects on teacher presentism and the quality of the classroom.

**Methods:** The authors conducted a study with third-grade teachers to investigate the connection between teachers' mental health and student outcome. They examined the associations between third-grade teachers' self-reported symptoms of clinical depression and their student's classroom experiences. The experiences of eight students described by the Individualizing Student Instruction Framework were investigated, which included the examination of students' independent and group work, academic instructions led by the teacher in various student groupings and teachers planning and organization of academic instructions.

**Findings:** A multilevel modeling revealed negative correlations between teachers' depressive symptoms and

1. Teacher-facilitated academic instructions given to the whole class
2. Teachers' planning and organizing of the instruction

Results suggest that teachers experiencing negative symptoms of mental health are less likely to be productive, ultimately resulting in lower-quality classrooms.

**Conclusions:** Teacher-facilitated academic instruction and planning/organizing the instruction require more effort from the teachers, due to the task of managing/monitoring students' behavior. Teachers experiencing more depressing symptoms displayed lower levels of effort while in a large classroom setting. Recent studies suggest that indicators of clinical depression (decreased energy motivation and burnout) are associated with lower levels of productivity in classroom management which were observed in this study.

Joint Event

11<sup>th</sup> International Conference on  
**Mental Health and Human Resilience**  
**37<sup>th</sup> European Ophthalmology Congress**

July 31-August 01, 2023

Vancouver, Canada

### Biography

Efemona Israel Owode is an accomplished educator with over 10 years of experience teaching children of different ages and nationalities. Her passion for teaching and her commitment to the education of children has earned her a reputation as an exceptional teacher in the field of early years and Special Educational Needs (SEN). She holds a Bachelor of Science degree, a Postgraduate Diploma in Education and a Montessori Diploma, which have given her a solid foundation in both mainstream and alternative teaching methods. She has also completed additional professional development training in SEN, allowing her to effectively meet the needs of all students in her classroom. Throughout her career and as she is fondly called has worked with children from diverse backgrounds and has developed a keen understanding of the unique challenges that each child faces in their learning journey. She has a talent for creating a safe and nurturing learning environment that allows children to thrive and reach their full potential. Her dedication to the success of her students has earned her the respect and admiration of parents and colleagues alike.

---

**Received:** March 21, 2023; **Accepted:** March 23, 2023; **Published:** July 31, 2023

---